

Venison or Beef Sloppy Joes

Ingredients:

- 2 lb. ground venison or beef
- 1 onion, chopped
- 1 c. ketchup
- 1 c. tomato juice
- 1 c. cheddar cheese, shredded
- Salt and pepper to taste

Featured in:

“Steps to Healthy, Economical Meals”
www.ag.ndsu.edu/pubs

Directions:

- Brown meat and onion in large skillet. Drain fat and add remaining ingredients. Simmer for about one hour. Serve on open hamburger buns.

Makes 8 servings. Per serving: 408 calories, 10 grams (g) fat, 32 g carbohydrate and 754 mg sodium.

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SERVICE